

5 HEALTH FACTS + 3 RECIPES = 1 QUICK READ FOR YOUR COFFEE BREAK



1 type of antioxidant commonly found in foods are anthocyanins. Belonging to a category called flavonoids, anthocyanins are often found in red foods like berries, red cabbage, plums, and apples. Anthocyanins are very healthy, helping to counteract oxidative stress in our bodies. Why not embrace the color so often associated with love, and eat more red fruits and veggies today?



21 studies about memory and exercise, involving a total of 1,455 participants, were recently reviewed by scientists. The results showed that athletes had better working memory than non-athletes, and much better working memory than people who were sedentary. Exercise is great for our bodies, but it's also great for our minds. If you have questions about starting physical activity, chat with your doctor.

4 tips for heart health include limiting alcohol, cutting down on salt consumption, eating minimally processed foods, and staying physically active. February is Heart Month, which is a perfect time to reflect on our lifestyles and healthy habits. Is there anything you can do to improve your cardiovascular health and show your heart some love? Chat with your health care practitioner for personalized advice.



250 calories are burned (approximately) during 30 minutes of ice skating. Winter activities like skating, skiing, and snowshoeing can be tons of fun for the whole family—and healthy too. Remember to always wear a helmet and take proper safety precautions when exercising outside in cold weather. It's the perfect time of year to savor the season and embrace wintertime.

2024 research tells us that online friendships can play a role in combatting loneliness. February may be the month of love, but it's important to remember that love comes in many forms. Friendships—and not just romantic relationships—are important. Whether your friends are online, long-distance, or close by, they can all be integral to our health and well-being.

PROTEIN-
PACKED
DESSERTS

SWEET POTATO
PEANUT BUTTER BREAD

6
SERVES

This protein-heavy, plant-only sweet bread is great for breakfast, dessert, or a snack. Serve with your favorite jam or jelly, or even a smear of cream cheese.

1 1/4 cups (310 mL) whole wheat pastry flour
1/2 cup (125 mL) plain or vanilla plant-based protein powder
1 tsp (5 mL) baking powder
1 tsp (5 mL) baking soda
1 tsp (5 mL) cinnamon
1/4 tsp (2 mL) nutmeg
1/4 tsp (2 mL) salt
1 cup (250 mL) peeled and cooked mashed sweet potato
1/2 cup (125 mL) peanut butter
1 cup (250 mL) unflavored plant-based milk
1/3 cup (60 mL) maple syrup
2 tsp (10 mL) vanilla
1/3 cup (80 mL) unsalted peanuts, chopped

Preheat oven to 350 F (175 C). Line standard-sized loaf pan with parchment paper or use non-stick silicone loaf pan.

In large bowl, mix together flour, protein powder, baking powder, baking soda, cinnamon, nutmeg, and salt. In separate bowl, whisk together sweet potato, peanut butter, milk, maple syrup, and vanilla. Add wet ingredients to bowl with dry ingredients and mix gently until everything is moist. Pour batter into pan and smooth the surface with spatula. Sprinkle peanuts and press them down lightly to adhere.



Bake in preheated oven for 40 minutes, or until a tester inserted into the center of the loaf comes out mostly clean. Allow loaf to cool in pan for 10 minutes, before cooling further on a metal rack.

EACH SERVING CONTAINS

281 calories; 14 g protein; 12 g total fat (2 g sat. fat); 33 g total carbohydrates (18 g sugars, 4 g fiber); 445 mg sodium

ORANGE-SCENTED WHITE BEAN BLONDIES

9
SERVES

Blondies are basically “blonde brownies.” Here, the nutritionally lackluster all-purpose flour is swapped out for pureed beans for a higher dose of protein. The end result is just as tender without any noticeable bean flavor.

19 oz (540 mL) can navy beans, drained and rinsed well
2 large eggs at room temperature
3/4 cup (180 mL) light brown sugar or coconut sugar
1/3 cup (80 mL) dry milk powder
3 Tbsp (45 mL) cornstarch
3/4 tsp (4 mL) baking powder
1/4 tsp (1 mL) salt
6 Tbsp (80 mL) unsalted butter, softened to room temperature
2 tsp (10 mL) vanilla extract
Zest of 1 large orange
1/3 cup (80 mL) semi-sweet chocolate chips

Preheat oven to 325 F (160 C). Line 8 inch (20 cm) square baking pan with parchment paper, and set aside.

In food processor, place beans and eggs, and blend until very smooth. Add sugar, milk powder, cornstarch, baking powder, and salt and blend together. Place cubes of softened butter, vanilla, and orange zest into food processor container and blend until you only see small pebble sizes of butter.

Place mixture into prepared pan and sprinkle on half of chocolate chips. Bake in preheated oven for 15 minutes. Sprinkle on remaining chocolate chips and bake for another 25 minutes, or until a tester inserted into the center comes out clean.

Allow to cool for at least 10 minutes before lifting blondies out of pan and cooling completely on wire rack. Slice into 9 equal pieces. Store any leftovers in a tightly sealed container in the refrigerator for up to 1 week, or in the freezer for longer.



EACH SERVING CONTAINS

272 calories; 10 g protein; 12 g total fat (7 g sat. fat); 33 g total carbohydrates (5 g sugars, 2 g fiber); 183 mg sodium

SILKY TOFU WITH MANGO COULIS

4
SERVES

Tender tofu and fresh-tasting mango sauce combine to make a nutritious, Japanese-style dessert with little effort. The key here is to use blocks of very soft tofu as opposed to firm or extra-firm versions.

1 1/2 cups (350 mL) frozen mango cubes
2 Tbsp (30 mL) sugar
1 Tbsp (15 mL) lemon juice
Pinch of salt
2 blocks (300 g) silken soft tofu, chilled
1/3 cup (80 mL) unsalted peanuts, roughly chopped
1/3 cup (80 mL) sliced fresh mint

In small pot, add 1/4 cup (60 mL) water, mango, sugar, lemon, and pinch of salt. Bring to boil, reduce heat to medium, and simmer, stirring occasionally, until mango has broken down and small amount of syrupy liquid remains, about 7 minutes. Puree mixture.

To served, cut each block of tofu into 2 rectangles. Top each with mango sauce, peanuts, and mint.



EACH SERVING CONTAINS

217 calories; 11 g protein; 10 g total fat (1 g sat. fat); 24 g total carbohydrates (17 g sugars, 3 g fiber); 50 mg sodium